

# Practical Daily Tips

## *Finding Balance in the Midst of Chaos*

Beginning Here and Now

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*"We must always seek to be in good health, because a healthy body is good for everything, withstands everything, and responds at all moments so that we can demand from it our material and spiritual work."*

- Samael Aun Weor,

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# Nourishing Your Spiritual Life

- Your spiritual life requires nourishment. If you have no spiritual life now, if you are spiritually dead, it is because you have not been nourished. You need to know the nourishment that will grow your spiritual life.
  - What is that nourishment? It is to take the elements in consciously, and to transform them consciously. It is to be awake in everything you do. If you eat consciously, not only do you nourish your body better, but you take in nourishment for your Consciousness.
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# Healthy Spirituality

## How to Eat for Spiritual Growth

Spiritual health is very influenced by the health of our physical body: our temple here on earth. Learn how to properly care for your temple and empower your spiritual growth.



HEALTHY SPIRITUALITY  
HOW TO EAT FOR SPIRITUAL GROWTH

GNOSTICTEACHINGS.ORG

<http://gnosticteachings.org/download/healthy-spirituality.html>

Eat less CRAP:

C - carbonated drinks

R - refined sugar

A - artificial sweeteners & colors

P - processed foods

Eat more FOOD:

F - fruits & veggies

O - organic lean proteins

O - omega 3 fatty acids

D - drink water

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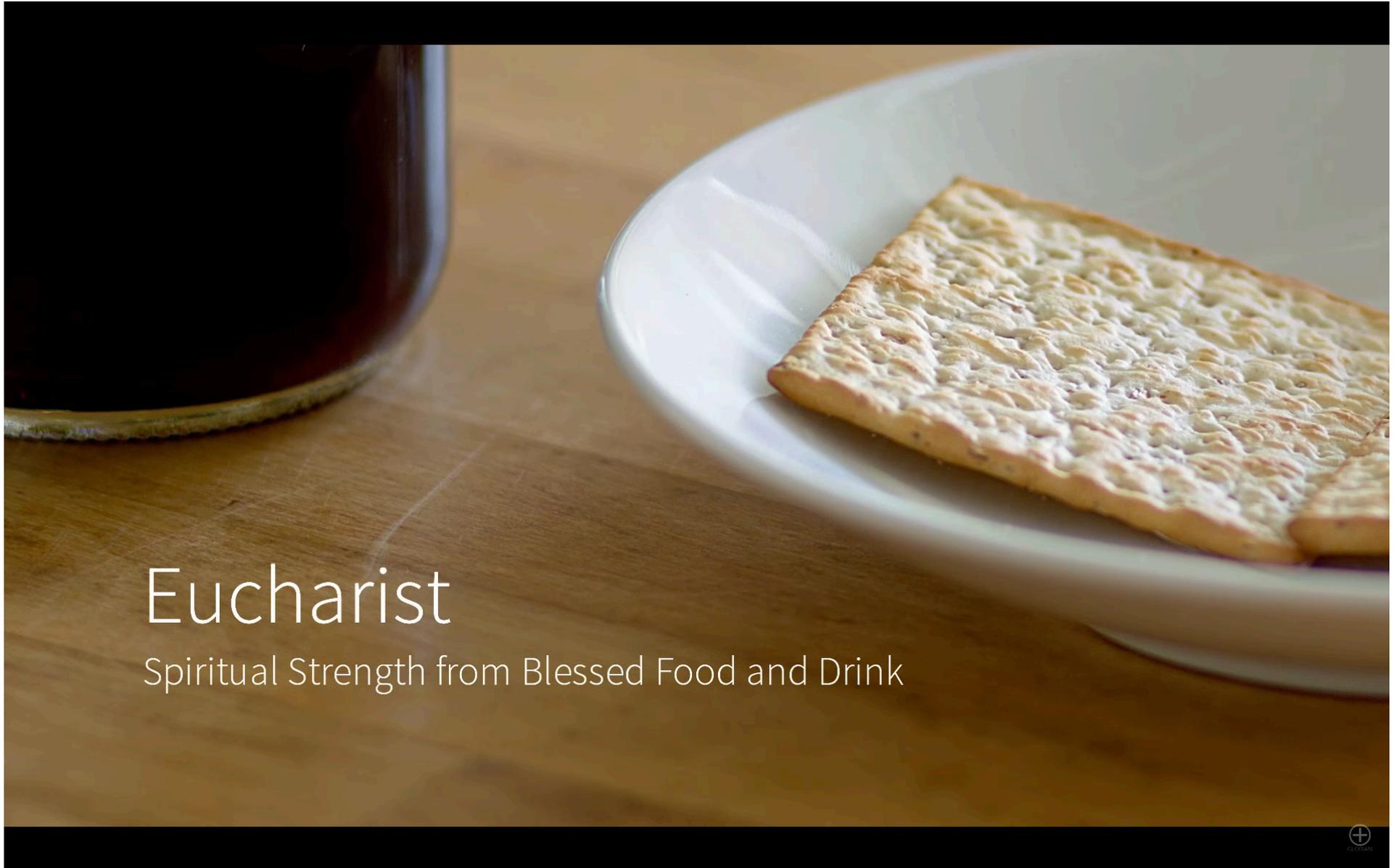
Eat the best food you can afford



Know about your food - where does it come from, how is it grown, who is cooking it and how...

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# Eucharist: Spiritual Strength through Blessed Food and Drink



## Eucharist

Spiritual Strength from Blessed Food and Drink



Watch the video at <https://youtu.be/sCciSc8ojeM>

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*It is urgent to preserve the  
physical body in perfect health  
for many years so that we can  
use this precious physical vehicle  
for the realization of our own  
Inner Self.*

- Samael Aun Weor, Sacred Rites of Rejuvenation

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# Exercise & Nourishment

“All parts of the body which have a function, if used in moderation and exercised in labors in which each is accustomed, become thereby healthy, well developed and age more slowly, but if unused they become liable to disease, defective in growth and age quickly.”

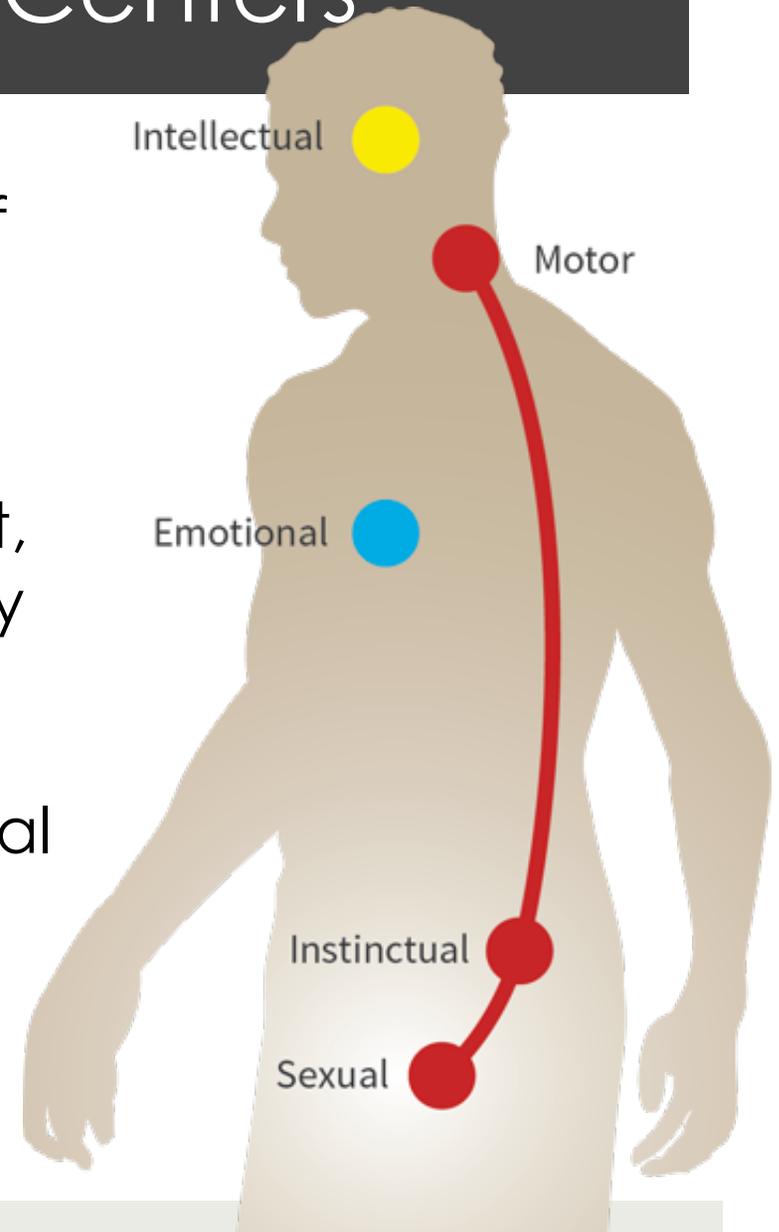
“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

-Hippocrates

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# Three Brains/Five Centers

1. **Intellectual center:** processing of thought; reasoning, logic
2. **Emotional center:** feelings
3. **Motor center** or the center of movement: activities of movement, habits, actions of the physical body
4. **Instinctual center:** root impulses and functions of the organism that are not conscious: digestion, survival instinct, etc.
5. **Sexual center:** creation, reproduction, growth, and much more



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*"The "I" exercises control over the five inferior centers of the human machine.*

*Whosoever wants to dissolve the "I" must study its functionalism within the five inferior centers. We must not condemn the defects; we must not justify them either. What is important is to comprehend them. It is urgent to comprehend the actions and reactions of the human machine. Each one of these five inferior centers has a whole set of extremely complicated actions and reactions. The "I" works with each one of these five inferior centers. Therefore, by deeply comprehending the whole mechanism of each one of these centers, we are on our way to dissolving the "I."*

*—Samael Aun Weor, The Perfect Matrimony*

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# Eliminate your Defects

Sit in a comfortable chair. Pray to your Internal God like this:

**You who are my true Being,  
You who are my Internal God,  
Enlighten me. Help me. Make me see my own defects.  
Amen.**

Concentrate until deep sleep arrives. Try to discover all your defects. We advise you to read the Bible. The word of the Divine Master is found in the four Gospels. There you will discover the virtues that you lack. Wherever a virtue is lacking, a defect exists.

- Samael Aun Weor, Introduction to Gnosis

More on how to eliminate your defects:

<http://gnosticteachings.org/courses/beginning-here-and-now/3457-gnostic-psychoanalysis-part-2.html>

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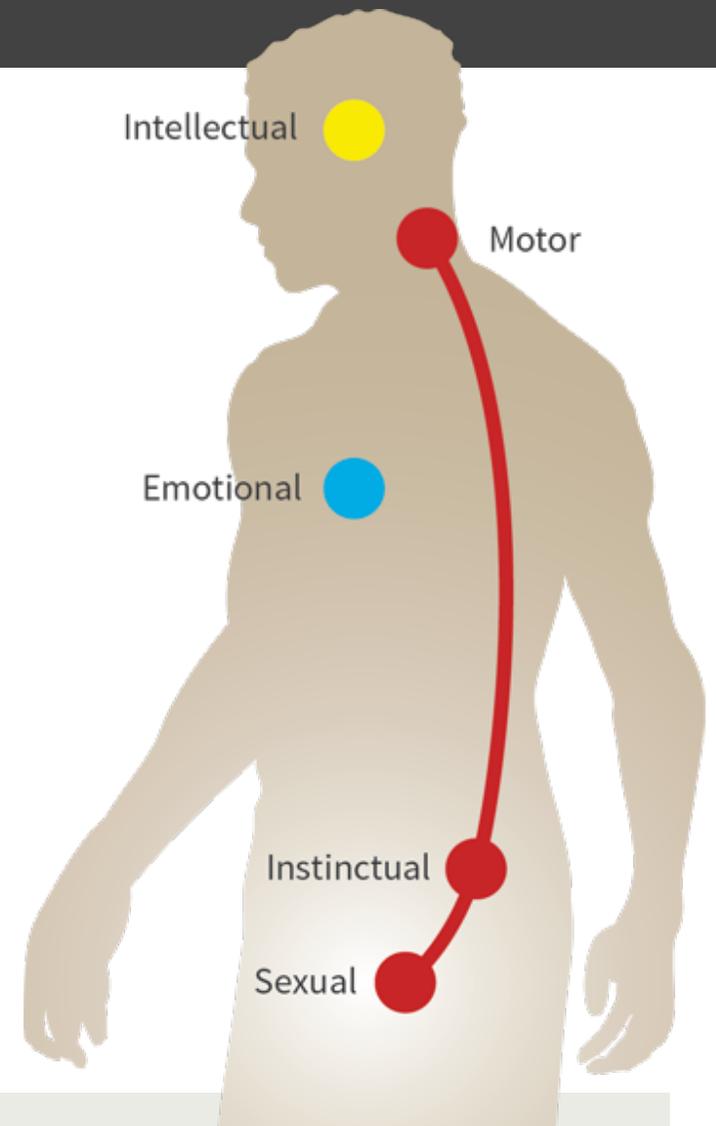
# Set Your Intention Every Day

- Before you start your day, set an intention (be more patient, more humble, compassionate, etc...)
  - During your day keep your intention in mind
  - At the end of the day, review your day and observe if you were able to achieve your intention and if not, why.
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# Bobbin-Kandelnosts

Refers to the **vital values**, energetic potential carried in the individual within the three brains:

- intellectual
- motor/instinctual/sexual
- emotional



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**Every illness has its basis in one of the three brains. One lives by thirds and dies by thirds.**

- Whosoever squanders their intellectual capital falls into insanity, schizophrenia, etc.
- Whosoever squanders their motor center, or center of movement, ends up paralyzed, deformed, etc.
- Whosoever squanders their emotional center suffers from illness of the heart.

-Samael Aun Weor

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*"Perfect mental equilibrium is of vital importance for those who want spiritual progress. Almost all the aspirants of esotericism easily lose their mental equilibrium and usually fall into the most absurd things. Whosoever yearns for direct knowledge must ensure that their minds are in perfect equilibrium."*

*—Samael Aun Weor, The Perfect Matrimony*

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How can we preserve  
our vital values in our  
daily lives and have  
equilibrium?

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**BY BALANCING THE THREE BRAINS**



**AND PRACTICING THE THREE FACTORS**

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“If you are in a bad mood go for a walk. If you are still in a bad mood go for another walk.”

- Hippocrates

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# Get outside and enjoy nature



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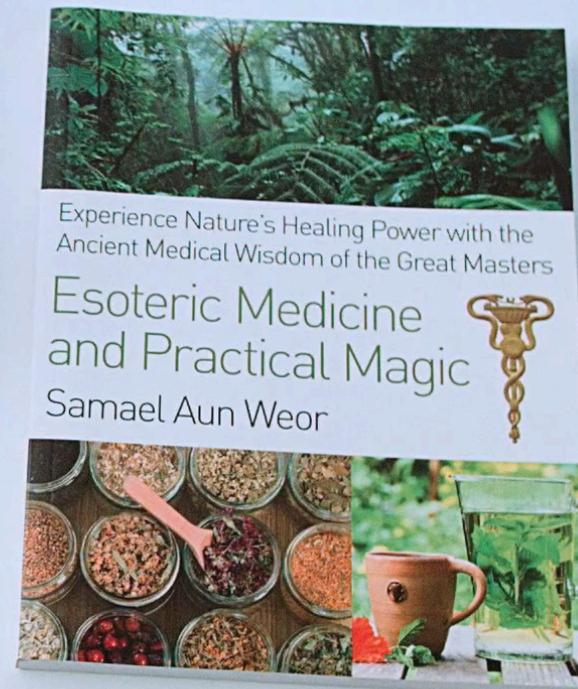
*Listen to Classical  
Music*



# Natural Medicine for Emotional and Spiritual Pain



For more information, read:



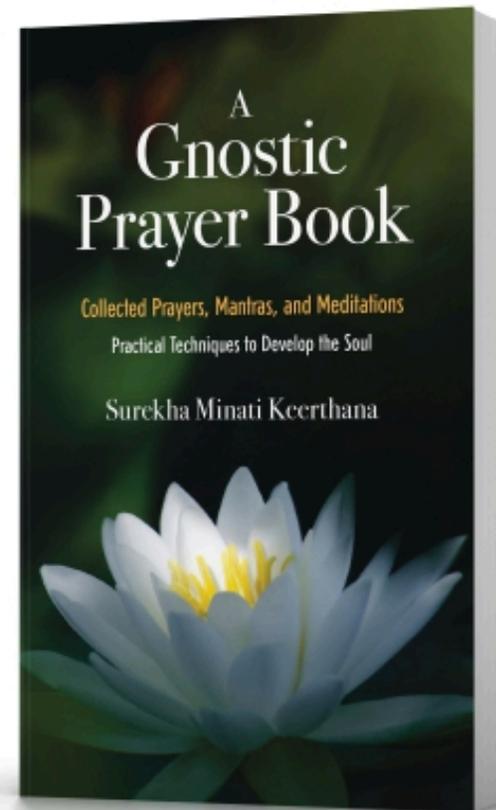
Watch the video at <https://youtu.be/8q8F5AxZq0Q>

# Pray

"When the mind has achieved absolute calm and silence, it can concentrate on the Inner Self. This concentration is done with the help of prayer. Pray to your Inner Self. Try to converse with your Inner Self. Remember that praying is conversing with God. You can pray without formulae; in other words, talk to God, tell Him what your heart feels with infinite love."

—Samael Aun Weor

<http://gnosticteachings.org/faqs/prayers.html>



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## ***"Meditation is the esoteric practice of the Gnostics"***

"To experience the Truth is fundamental. It is not by means of exertion that we can experience the Truth. The Truth is not the result; the Truth is not the product of exertion. The Truth comes to us by means of profound comprehension. We need to exert ourselves in order to work in the Great Work and to transmute our creative energies. We need to exert ourselves to live, to struggle and to tread the path of Integral Revolution, but we do not need to exert ourselves in order to comprehend the Truth."

- Samael Aun Weor

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# Gnostic Meditation

Meditation is a practical tool that anyone can use in order to investigate the true nature of any phenomena in nature or within oneself.

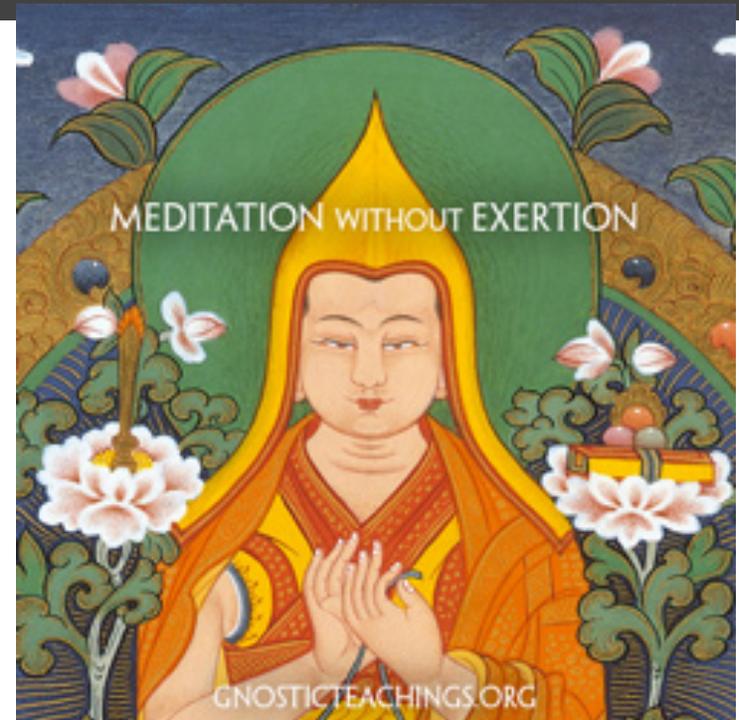
Learn about the basic stages and concepts of an effective and penetrating meditation practice, including concentration, visualization, imagination, breathing, mantras, and more.



<http://gnosticteachings.org/courses/gnostic-meditation.html>

# Meditation without Exertion

This course provides a comprehensive investigation into what meditation actually is, especially as taught and explained in authentic scripture, in contrast to the thousands of confusing, contradictory theories and practices being promoted today. This is real meditation that results in powerful transformations and insights into existence.



<http://gnosticteachings.org/courses/meditation-without-exertion.html>

# Meditation Essentials

## MEDITATION ESSENTIALS

Follow the practical steps of this course to develop your own experience of the state of meditation. By applying the exercises given in each lecture, any sincere student can become a self-reliant meditator, capable of using meditation as a powerful tool for investigation and analysis.

<http://gnosticteachings.org/courses/meditation-essentials.html>

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"The devotee must purify his bedroom daily with the smoke of special aromatic substances. Incense purifies the Astral Body. A good incense attracts the great masters whom we need for our work."

- Samael Aun Weor, The Perfect Matrimony

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# Create a Sacred Space & Purify Your Home

**Incense**  
For Spiritual Defense and Cleaning



Learn how to use incense by watching here <https://youtu.be/aNVTx6qYkQM>

# Learn How to Defend Yourself

Spiritual work requires a struggle against all those elements inside of us and around us that do not want to relinquish their control over our energy and consciousness. Thus, to protect ourselves, we need specific tools like prayers, mantras, conjurations, incense, and knowledge of sacred rituals (magic, from magh, the ancient word for "priest").



DEFENSE FOR  
SPIRITUAL WARFARE

GNOSTICTEACHINGS.ORG

<http://gnosticteachings.org/download/defense-for-spiritual-warfare-course/113-defense-for-spiritual-warfare-01-part-1.html>

# A Mantra for Protection: Klim Krishnaya Govindaya Gopijana Vallabhaya Swaha

A Prayer for Protection  
from Internal and External Negativity

Pronounced, Then Chanted Nine Times



<https://www.youtube.com/watch?v=4TdH2VP8sE0>

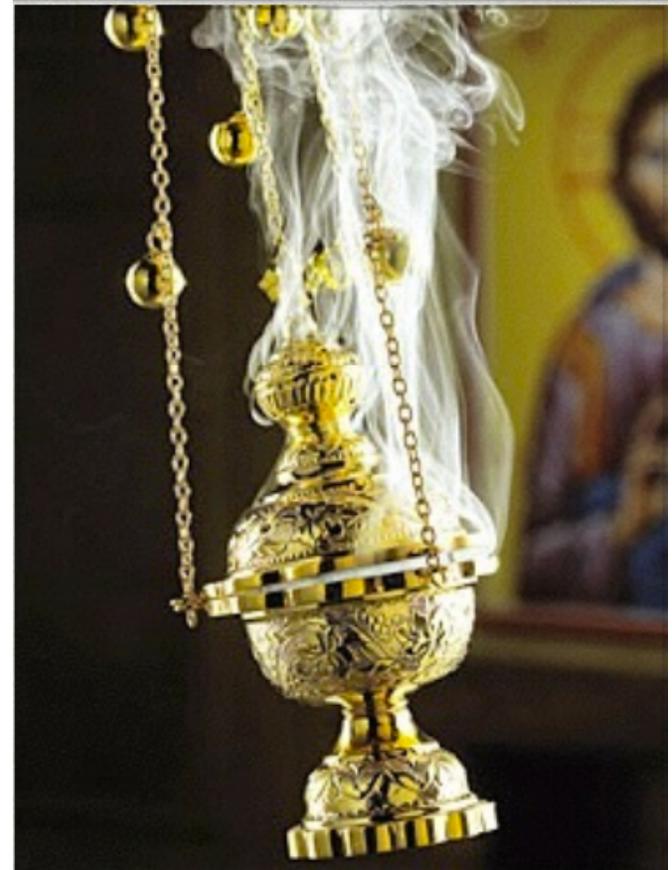
<http://gnosticteachings.org/faqs/prayers/836-klim-krishnaya-govindaya-gopijanavallabhaya-swaha.html>

# Create a Sacred Space

- Keep your home very clean
- Have an Altar with a few sacred objects
- Place Pentagrams at doors
- Seal with Magical circle
- Use Mustard seeds, etc
- Have Powerful Elementals: Maguey, Aloe

Use incense regularly:

- Cleansing: sulfur, asafetida, sage, rue, camphor, etc.
- Perfuming: 100's of choices



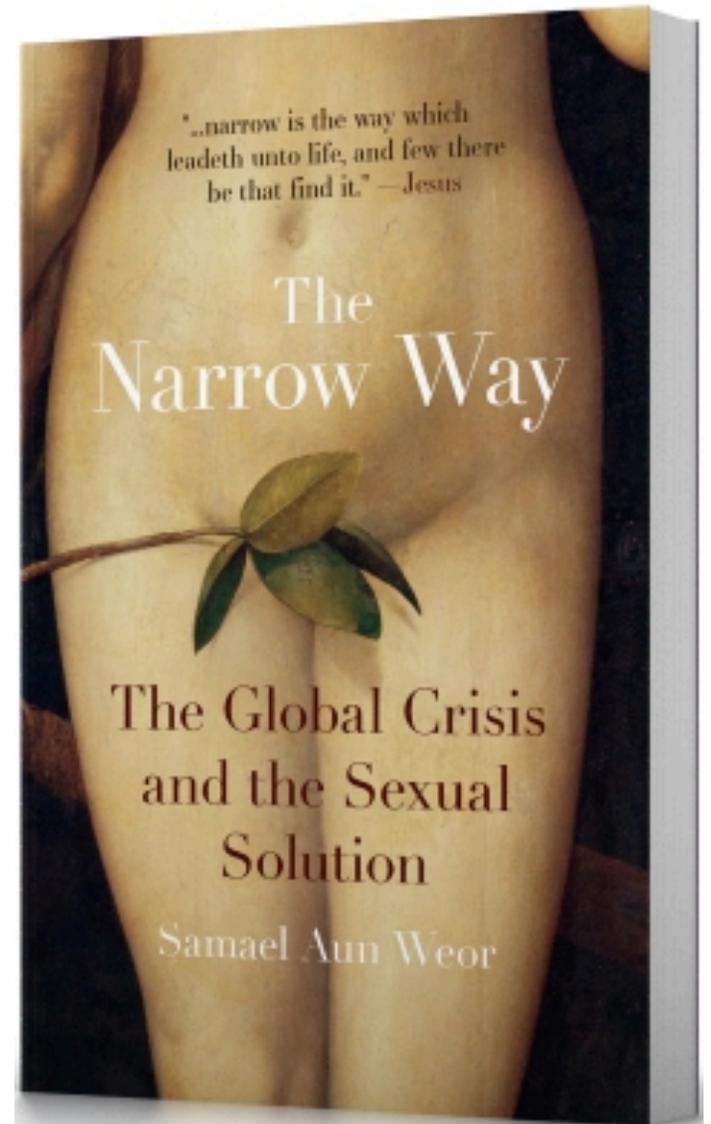
# Working with Sexual Energy

*By harnessing the power of the sexual glands, we can revolt against the current towards destruction. This revolution cannot be done through belief but through action, through a method known since antiquity but kept secret until now: **sexual transmutation**, also called **alchemy** or **tantra**.*

*Harness your sexual energy for purposes higher than mere lust.*

<http://gnosticteachings.org/books-by-samael-aun-weor/the-narrow-way.html>

<http://gnosticteachings.org/lectures-by-samael-aun-weor/3753-sexology.html>



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## In transmutation, spiritual atoms are absorbed physically, psychologically, and spiritually.

- The clue to do this is: every time you eat or drink or engage in any type of sexual activity, **you should do it consciously, with full awareness of what you are doing, with full attentiveness, being there, present, and paying attention to what you are doing.**
- Being conscious, present, here and now, is how you nourish the Consciousness. If you are distracted, you are not feeding your Consciousness.
- To facilitate the nourishment you receive from being conscious, here and now, and to make it more powerful, you can use a sacred mantra, which is from Sanskrit, and which we spell **Krim** but is pronounced Kreem (“e” pronounced like the “e” in the word “tree”). Pronounce it mentally as you eat, drink, breathe, and have sex.

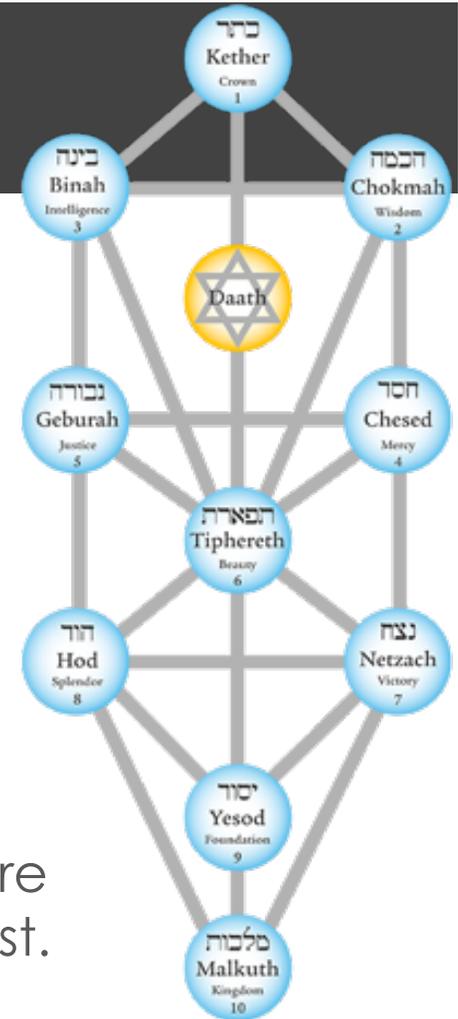
<http://gnosticteachings.org/courses/alchemy/3071-the-elements-in-spiritual-growth.html>

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# Make Time to Study

## Why Study Kabbalah?

- The Initiatic Kabbalah is the map of the Self-realization of the Being.
- To understand the science of the Kabbalah is to understand the map of the Path.
- It is not necessary to memorize every detail of the map; however, it is necessary to study it and understand how we are working and where we are going, otherwise we are more likely to become lost.



<http://gnosticteachings.org/introductory-information/43-kabbalah-the-universal-tree-of-life.html>

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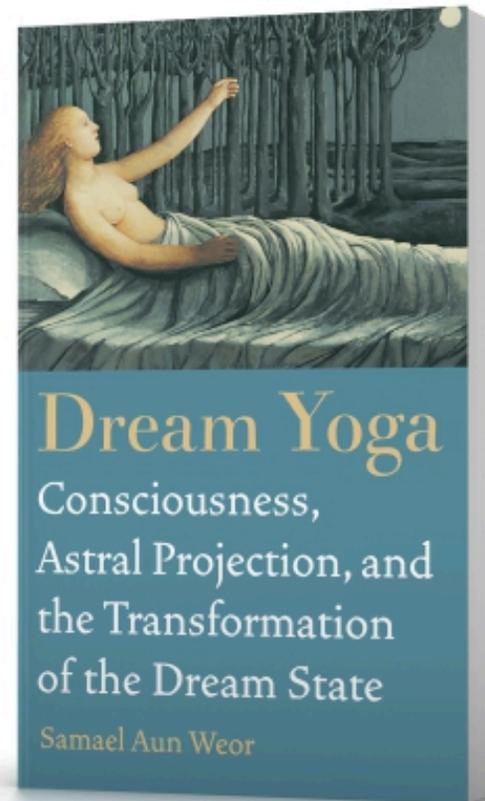
# Retrospection Exercise

- At the end of the day, sit, relax, pray, concentrate, and visualize the events of the day, like a movie in your mind's eye.
- This shows us how we have been behaving. It shows us the moment(s) when we really lost our balance.
- When we practice it daily, we start learning about our behaviors, how we have been acting externally and internally.

# Dream Yoga

Learn the methods used by mystics and seers worldwide to awaken consciousness in the dream state.

- Provides step-by-step guidance leading to personal experience in the internal worlds
- Explains how to remember dreams and how to understand them  
Filled with examples from all the world's religions



<http://gnosticteachings.org/books-by-samael-aun-weor/dream-yoga.html>

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# The Practice of Tonglen

- Tonglen is Tibetan for 'giving and taking' (or sending and receiving), and refers to a meditation practice found in Tibetan Buddhism.
- In the practice, one visualizes taking in the suffering of oneself and of others on the in-breath, and on the out-breath giving recognition, compassion, and succor to all sentient beings.

The Dalai Lama, who is said to practice Tonglen every day said:

***"Whether this meditation really helps others or not, it gives me peace of mind. Then I can be more effective, and the benefit is immense."***

*-H.H. Dalai Lama*

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# Ways to Sacrifice for Others

- Teach others the doctrine
- Pray for Others Well Being and Happiness (Tonglen)
- Donate money to worthy causes
- Call a charity to volunteer
- Improve yourself for the good of humanity (sacrifice your egos)

***How far that little candle throws his beams!  
So shines a good deed in a weary world.***

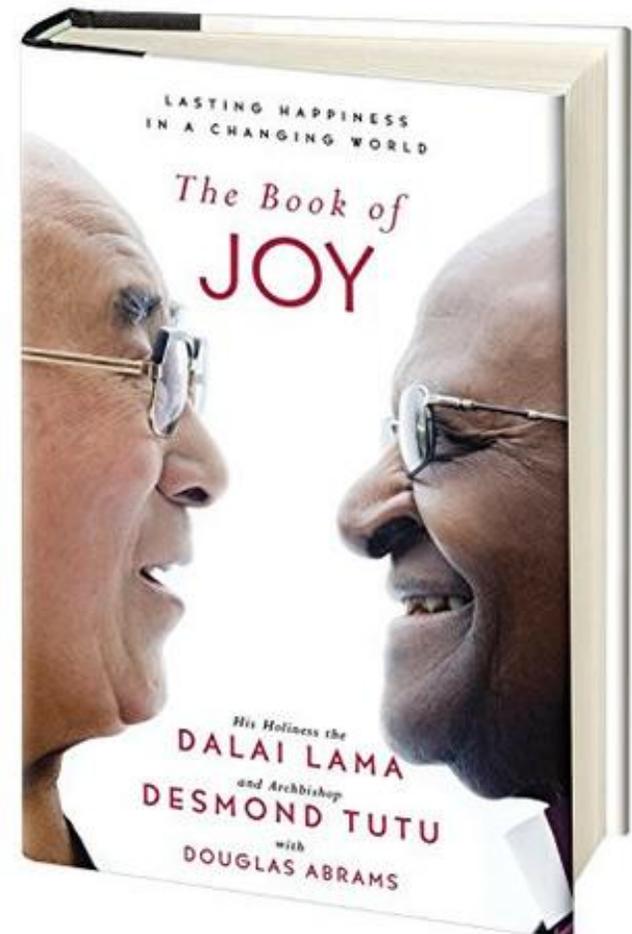
– William Shakespeare

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# Find Joy in your Life

In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life's inevitable suffering?

They traded intimate stories, teased each other continually, and shared their spiritual practices. By the end of a week filled with laughter and punctuated with tears, these two global heroes had stared into the abyss and despair of our time and revealed how to live a life brimming with joy.



# Tips for your daily life

- Wake up early and start your day with a practice
- Set your intention for the day
- Remember yourself through out
- Find joy in what you do
- Choose wisely where you go, what you eat, what you watch, listen to, who you spend your time with
- Eat the best food you can (no cell phones, etc... at meals- be mindful)
- Cook more at home, eat with others
- Be aware of your intention throughout the day
- Move! Do something you enjoy for exercise (play a sport, dance, walk be in nature)
- Help others.
- Read and study the doctrine.
- Pray
- Go to bed early
  - Work with your sexual energy through tantra or pranyama
  - Practice Retrospection
  - Practice Dream Yoga
- Sleep enough for your body, mind and spirit to feel rested (Keep all electronics out of the bedroom (no TV, computers, cell phones, etc.)